

# Questions About Drugs

these truths, many might avoid the tragic consequences

By **STANLEY YOLLES, M. D.** with Charles and Bonnie Remsberg

Director, National Institute of Mental Health

days or years after the drug has worn off. Because of feelings of omniscience and indestructibility, the "tripper" may believe he can fly—and plunge to his death from a high window as many have done.

**Can a user "trip" on LSD even without taking it?**

Yes, the LSD experience can recur spontaneously weeks or months after a user last took the drug. Such "flashbacks" are most common during physical or psychological stress but can also be brought on unexpectedly by some common medicines.

**Will "speed" keep me alert and smarter than usual?**

People on "speed" or methamphetamine, the strongest of all amphetamines, may seem to be more alert because they are so extremely active and talkative. The drug excessively stimulates the brain cells, much as normal body chemicals do when you face an emergency. But when this excitation is prolonged by "speed," undesirable changes take place, including an actual dulling of the mind. The speed user has great potential for violence and bizarre behavior. Mental illness induced by the mind-accelerating "high" can last long beyond the period of actual drug activity.

**Is it true that "speed" kills?**

Some medical authorities estimate that once you become hooked on "speed" your life expectancy is about

five years. Besides the risk of brain damage, habitual methamphetamine takes a heavy toll on the user's liver and heart.

**Can I become addicted to "medicine chest" drugs?**

Definitely. In fact, many young people are getting "high" illicitly on



*Marijuana, or grass, as it's called by users, is rolled into "joints" at party off-campus at University of California.*

the very drugs their parents use under prescription. Amphetamine pills for losing weight, tranquilizers for easing tension and anxiety, stimulants for "perking up," barbiturates and other sedatives for fighting insomnia—all can be addictive.

**What's wrong with sniffing glue and aerosol products?**

The cheap thrills obtained from inhaling a wide variety of delirants,

which include model-airplane glue, paint thinner, laughing gas, nail-polish remover, and the mists from aerosol cans of furniture spray, cleaning fluid, and other chemical compounds, can be deadly. Most of these substances contain dangerous chemicals never meant to be taken by man.

Temporary blindness, convulsions, and permanent brain damage have been reported, along with damage to bone marrow, kidneys, liver, and lungs. Many deaths have occurred.

**Can a person stop using drugs by himself?**

Once you are addicted or habituated to drugs, it is very unlikely that you can "cure" yourself. In some cases, deep-seated psychological or character disorders, which require psychiatric treatment, may lie behind drug-taking. An abrupt withdrawal from some drugs is dangerous. For these reasons, hospitalization or at least close professional supervision while kicking the drug habit is most desirable.

**Where can I go for help?**

Unless you really want to stop using drugs, probably no one can help you. If you do, seek out someone you trust—a friend, teacher, doctor—and ask him to help you locate the best professional resource in the community to treat your problem.

Treatment will involve helping you understand and cope with the reasons you turned to drugs in the first place, as well as with the problems drug use has added to your life. The cure rate for drug users is not encouraging—another good reason not to get involved when drugs first look tempting. ♦

## WHAT CAN PARENTS DO?

With the right approach, parents often can help youngsters avoid drugs. Here are some guidelines that may prove valuable:

1. Many youths turn to drugs because they feel life is meaningless. Parents whose primary goals in today's world are to amass material possessions often contribute to this feeling. Growing youngsters need meaningful ideals and priorities, such as service to others and to emulate healthy people.

2. The selfish "gratification-now" outlook of many drug users may reflect parental attitudes. Parents who are unwilling to set limits for their children or who indulge them with everything may well find them growing up without a feeling of responsibility or self-discipline.

3. Parents must set a good example. The parent who reaches for a tranquilizer to meet every crisis or who drinks heavily for recreation is in a poor position to argue with a youngster who is "turning on" with drugs for fun or escape.

4. Parents should take time to inform themselves about the drug scene.

5. Parents should not overreact to a single or very few experimental trials with drugs with horror and rejection. Communication must be kept open so that the matter can be clearly discussed.

6. If a young person becomes a confirmed drug user, it is no favor to him to supply money for his habit. He should know, however, that his parents have not emotionally abandoned him. Parents should use every possible means to urge the youngster to seek professional help in stopping drug use.

## It's tough GROWING UP

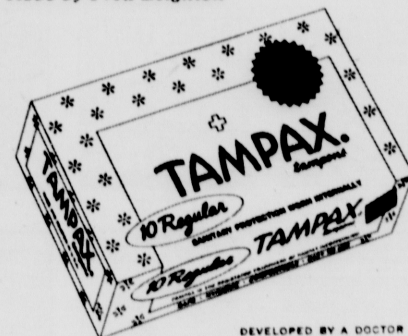


When you were a kid you could get away with climbing trees and playing games and just generally having fun. But things are a little different now. Even clothes can be a problem. And getting those eyelashes on in under 15 minutes is next to impossible. That monthly period is a drag. Well, that is, unless you use Tampax tampons.

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Robe by Fred Leighton



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# How to Get Along with People

By NEAL ASHBY

Our ability to live harmoniously with friends, family, and coworkers may be the key to happiness

relationships can work out. Speak up if someone has made you angry or resentful. It will get things off your chest and win you respect. People by and large are not fragile. A worthwhile relationship will survive a flareup."

Clark W. Blackburn, general director of the Family Service Association of America, has been working to promote congenial rapport within families for 30 years. The association binds together 340 family social-service and marriage-counseling agencies across the U.S.

"One of the most effective ways members of families can contribute to an atmosphere of good will," declares Blackburn, "is to help and encourage one another to 'get out' their inner feelings. 'Anger, worry, grief—we need a way of giving vent to these emotions so they cannot contaminate our thoughts, our outlook, and our dealings with others. Even happiness is so much more enjoyable if it can be shared with someone."

"The family should be the social unit in which we can be assured of love but in which we can feel free to 'sound off' about things that are bothering us. Husband should encourage wife to speak what's on her mind even if he knows she's going to give him a tongue-lashing! Afterward, the domestic climate is certain to be relieved of tension."

**Fair sharing**, in Blackburn's view, is another vital principle in family relations. Burdens, responsibilities, no-fun chores should be equitably distributed. Giving anyone reason to feel that others are taking advantage of him guarantees discord.

The American Telephone and Telegraph Company is pioneering a simple but generally overlooked human-relations concept that is causing many of its 800,000-plus employees to feel friendlier toward their bosses and relish their jobs. Under the direction of work supervisors, jobs are being made as interesting as possible—"enriched," as it's explained by the program's architect, Robert N. Ford, social psychologist and AT&T's personnel director for manpower utilization.

The program had its inception about four years ago. AT&T, along

with many other big companies, was concerned about the heavy employee turnover. Some firms have lost as many as one quarter of their workers, mostly through quitting, in a single year. Retraining and restaffing are costly in money, time, and reduced efficiency. Ford began to implement a theory developed by Frederick Herzberg of Case Western University.

"What happens," says Ford, "is that the work itself can be so boring people don't want to do it. But you can make people's jobs interesting and challenging—and it pays off."

"Take dishwashing. Suppose your employee is bored sick of the job. It's no good to tell him, 'You've been washing dishes a long time, why don't you switch over to carrying them to the kitchen?' That's no more interesting than washing."

"But you can say to that man, 'We



AT&T's  
Robert Ford



Coach  
Emile Francis

want you to be responsible for ordering the soap and all the materials needed for dishwashing and to make out the work schedules for the dishwashing crew."

AT&T thus now permits phone operators to summon police and firemen on their own instead of referring such emergency calls to supervisors as formerly was required. Business-office representatives can grant customers refunds without getting them approved, and repairmen can decide whether the company is liable when customers claim damage occurred in their homes when phones were being installed.

"We've put our program to work for about five percent of our work force in several hundred employee units thus far. In almost every case, we have recorded a significant decrease in turnover and observed an

obvious improvement in morale.

"Not only that, but job enrichment is showing us who our next supervisors are—those who rise most impressively to new responsibilities."

Surely one of the most charismatic handlers of workers is Emile Francis, coach and general manager of the high-ranking New York Rangers hockey team. When Francis became involved in a scuffle in the stands at Madison Square Garden during a game several seasons ago, 13 Ranger players in pads and skates somehow managed to climb over the 10-foot-high protective glass surrounding the ice to go to Francis' aid.

"I demand effort, but not super-skill from my men," Francis says. "Absolutely no favoritism. I've seen the resentment on teams when a player who scored a few more goals was allowed to come and go as he pleased."

"I try to instill pride in our team and stress the importance of working together. Major leaguers know how to play the game. The way to win is to get something 'extra' from each of the men."

"Star" performers need to be handlers of people, too. One who does it well is Joe Namath of the New York Jets. Namath is extremely popular with his fellow Jet football players though he's paid more money than any of the others, is publicized far more, and adored by pretty girls from coast to coast. Says writer Dave Anderson, who covers the Jets:

"Joe's very democratic. He talks the players' language, and he's one of the wittiest 'kidders' in the locker room. He's just as friendly with rookies and substitutes as he is with 'name' players."

**The results** of these human-relationship experiments in the business or sports world can be applied to our private lives as well.

The accumulated data seems to boil down to this: we like and will follow those who can make us feel that they genuinely care about us, are ready to listen to or help us to any reasonable extent, and who show respect for our integrity and abilities.

There are many supplementary elements that make for ever more successful relationships, but these few simple principles can carry us far. ♦



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